

AMENDMENTS TO THE SPECIFICATION

Please replace Paragraph [0021] with the following paragraph rewritten in amendment format:

[0021] The therapeutic device can also include means for applying hot therapy and/or cold therapy to a user's body when the therapeutic device is positioned on the user's body. As described below, the means for applying heat and/or cold therapy can include a wide range of suitable materials bearing cold-retaining and/or heat-retaining properties such as materials generally used in hot/cold gel packs, ~~re-usable~~ reusable ice-packs, ~~re-usable~~ reusable heating packs or pads, single-use hand and toe warmers, among other suitable known ~~(and presently unknown)~~ materials.

Please replace Paragraph [0031] with the following paragraph rewritten in amendment format:

[0031] In various embodiments, the container 104 can be at least partially hollow and define an internal cavity. The cavity of the container 104 can be filled (or at least partially filled) with any of a wide range of agents or substances bearing cold-retaining and/or heat-retaining properties such as materials generally used in hot/cold gels, ~~re-usable~~ reusable ice-packs, ~~re-usable~~ reusable heating pads, single use hand warmers, refreezable liquids or semi-liquids, reheatable liquids or semi-liquids, Insul-Ice reusable ice available from PCM Thermal Solutions, Inc. of Naperville, Illinois, among other suitable known ~~(and presently unknown)~~ materials.

Please replace Paragraph [0049] with the following paragraph rewritten in amendment format:

[0049] In yet other embodiments, however, the therapeutic device need not include a separate attachment device. For example,

FIG. 10 illustrates a therapeutic device 1000 including a container 1004 having a sufficient size and/or elasticity to be disposed and/or stretched around a user's arm 1064 preferably in a manner that resists unintentional loosening or detachment of the therapeutic device 1000 from the user but that also permits easy removal of the device 1000 from the user. The therapeutic device 1000 also includes one or more light sources 1008 for emitting therapeutic light, and means within the container 1004 for applying heat and/or cold therapy. Alternatively, the therapeutic device 1000 can be adapted to be disposed around other portions of the user's body, such as an ankle, shoulder, leg, back, etc. Again, however, other ~~known (and presently unknown)~~ attachment devices may be employed in various embodiments of the invention.